Cuisinart®

INSTRUCTION BOOKLET

TURBO CONVECTION STEAMER

TCS-60C

Carefully Read All These Instructions Before Using This Appliance.

IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed, including the following:

1. **READ ALL INSTRUCTIONS BEFORE USING.**
2. To protect against the risk of electrical shock, do not put base of Steamer in water or other liquid.
3. Close supervision is necessary when any appliance is used by or near children. Cuisinart does not recommend the use of this appliance by children.
4. Always unplug from outlet when not in use, before putting on or taking off parts, and before cleaning or removing contents from steamer.
5. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to nearest Cuisinart service facility for examination, repair, and/or mechanical or electrical adjustment.
6. The use of attachments, other than those recommended by Cuisinart, may cause fire, electrical shock, or risk of injury to persons.
7. Do not use outdoors.
8. Do not let cord hang over edge of counter or table or touch hot surfaces, which could damage the cord.
9. Regarding your cord set: A longer cord has been provided so that you will have flexibility in positioning your steamer near an electrical outlet. Exercise care when using the longer cord to avoid entangling or tripping over the cord. The longer cord should be arranged so that it will not drape over the counter or tabletop, where it can be pulled on by children or tripped over.
10. Be certain the steamer cover is securely in place before operating appliance. Never operate without the cover securely in place.
11. This appliance is intended for household use only.
12. Wash all parts before first use.
13. **WARNING: TO REDUCE THE RISK OF ELECTRICAL SHOCK OR FIRE, DO NOT REMOVE THE BASE PANEL. NO USER SERVICEABLE PARTS ARE INSIDE. REPAIR SHOULD BE DONE ONLY BY AUTHORIZED PERSONNEL.**
14. Do not touch hot surfaces. Use handles.
15. Extreme caution must be used when moving an appliance containing hot liquids.
16. To disconnect, turn control to “off”, then remove plug from wall outlet.
17. Do not use appliance for other than intended use.

SPECIAL CORDSET INSTRUCTIONS

A short power-supply cord is to be provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.

Longer detachable power-supply cords or extension cords are available and may be used if care is exercised in their use.

If a longer detachable power-supply cord or extension cord is used:

1. The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance, and
2. The cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.

SAVE THESE INSTRUCTIONS

FOR HOUSEHOLD USE ONLY

NOTICE:

This appliance has a polarized plug (one prong is wider than the other).
To reduce the risk of electric shock, this plug will fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug.
If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

UNPACKING INSTRUCTIONS

Place the gift box containing your Cuisinart steamer on a flat, sturdy surface before unpacking. Remove Instruction booklet and other printed materials from top of corrugated insert. Next, remove the top corrugated insert. Carefully lift steamer trays from box and set aside. Then remove steamer base. Remove the lower corrugated insert containing the steamer base.

Remove any additional literature from the box.

Before using for the first time: Wash All parts according to the "Cleaning and Storage" section on page 6 of this booklet to remove any dust or residue.

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INTRODUCTION

The Cuisinart® Turbo Convection Steamer steams food faster than conventional steamers. The convection fan circulates air for faster and more even steam distribution. Foods cook faster, so flavours are sealed in, allowing the natural flavours to flourish. Steaming food is a healthy way to prepare your favourite meals. Fats, oils, and butter are not necessary for steaming, though small amounts of extra virgin olive oil or flavoured oils may be used for added flavour.

STEAMER FEATURES AND BENEFITS

MODEL TCS-60C

1. Convection Fan
Circulates air for even steam distribution. Cooks food faster and seals in flavours. Patent Pending

2. Large Capacity
Generously sized 6 quart (5.7L) capacity allows you to steam complete meals at one time.

3. Two Trays
Allow you to separate foods, if desired, while steaming.

4. Rice Bowl
5 cup (1.3L) rice bowl for perfect rice every time.

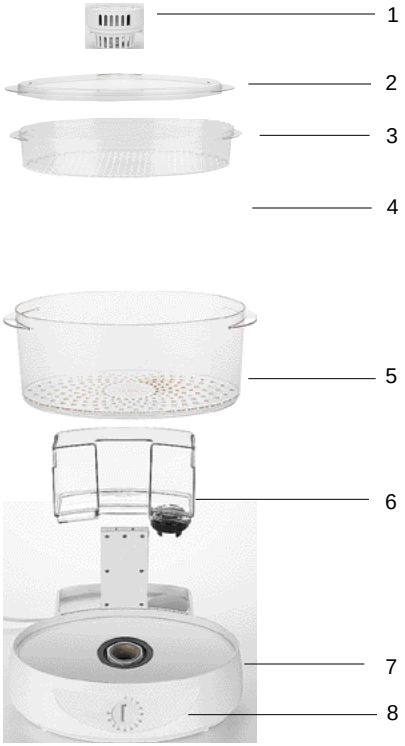
5. Removable Water Reservoir
Detaches easily to fill at the sink. Patent Pending

6. 60 Minute Timer
Easy to set audible tone signals that steaming is complete.

7. Dial Control
Easy to set. Wipe clean effortlessly.

PARTS

1. Turbo Convection Fan
2. Lid
3. Second Steaming Tray
4. Rice Bowl
5. Large Steaming Tray
6. Removable Water Reservoir
7. Steamer Base with Water Reservoir Holder
8. Control Panel



OPERATING TECHNIQUES

Refer to Steaming Guide or Recipes for recommended cooking times.

Preparing To Cook

Position the base unit where you want to do your cooking. Choose a flat, dry, sturdy surface. Make sure that each individual component fits securely on top of the part below. Position the large steaming tray on the base until it fits securely in place. If you are using the second steaming tray, place the smaller tray inside the larger one. The smaller tray will nest on top of the larger one, and the handles will be aligned. The steamer should not be positioned under wall cabinets when operating. Steam may damage cabinets.

Note: The larger tray must always be put on the base first, and the smaller tray must always sit inside the larger one. It is not possible to use the small tray alone. Never attempt to put the small tray directly onto the base.

Fill water reservoir to desired level with cold tap water. Place the water reservoir on the reservoir holder in the rear of the steamer unit. Place lid on top of steaming tray. Insert Turbo Convection Fan onto top of lid. Make sure the prongs are properly fitted into the slots. Push down with light pressure to engage. If the prongs are not inserted correctly, the unit will not operate. Plug the cord into the power outlet.

Using the Rice Bowl

When using the Rice Bowl, liquid such as water or stock is added to rice in the Rice Bowl. The Large Steaming Tray must be placed on the base first; then the Rice Bowl is placed inside the steamer tray for use. Measure the required quantity of rice and liquid in the Rice Bowl according to the Steaming Guide.

Cover with Lid. Plug into wall outlet. Do not operate the appliance without the large Steaming Tray and lid in place.

WARNING: During use, never touch the base, steamer bowls, or lid, since they get very hot.

When steaming is complete, the timer will give an audible tone and automatically shut off the steaming function.

When you have finished steaming, unplug from wall socket and allow to cool completely and clean before storing.

Setting The Time

- Use the dial on the control panel to select the desired steaming time.
- Once the desired time has been set, the steaming process will begin.

Stopping the Steamer

- The steamer will automatically shut off after the programmed time has elapsed.
- An audible tone will signal that steaming is complete.
- If you should desire to stop the steamer before time has elapsed completely, simply turn the dial back to zero.

After Cooking

- Unplug the plug from the power outlet.
- **Wait 1 minute after turning off steamer before removing lid to avoid steam burns.**
- When removing the lid or other components from your steamer, make sure to use oven mitts. First remove the turbo convection fan. Then remove lid carefully, lifting the side farthest away from you first, to allow the steam to escape away from you.
- Lift off the top steaming tray first (if you used both trays).
- Next remove the bottom (larger) steaming tray.
- Set the trays down on a flat, heat-resistant surface, and remove contents.
- During the cooking cycle, water from condensation will accumulate in the steamer base. Allow to cool completely before emptying and following cleaning instructions on page 6.

USEFUL HINTS

For high altitude cooking, steaming times may need to be increased.

Steaming times stated in the Steaming Guide and Recipes are only to be used as a guide. Times may vary depending on the size of pieces, spacing and placement in the bowl, and personal preference. As you become more familiar with the steamer, adjust cooking times accordingly.

A single layer of food steams faster than several layers. For larger quantities of food, the cooking time must be increased.

For best results, foods should be similar in size.

Meat, poultry and seafood must be thawed completely before steaming.

Always use cold water in the Water Reservoir.

Never add seasonings, broth or herbs to the Water Reservoir. Water only must be used in the Water Reservoir.

Meat, poultry and seafood should not be touching the sides of the steamer trays – air must be able to circulate completely for proper cooking.

When using the rice bowl, wipe off the bottom after removing from steamer to avoid dripping hot accumulated water on counter or floor.

When using recipes, follow quantities as closely as possible for best results.

CLEANING AND STORAGE

Always unplug the steamer from electrical outlet before cleaning. Before first use and after each use, clean each part thoroughly. Wash all parts (except Steamer Base and Turbo Convection Fan) in warm soapy water; rinse and dry thoroughly.

Do not use chlorine bleach or abrasive cleaners on any part of the steamer.

For convenience, the following parts are top rack dishwasher safe:

- Large Steaming Tray
- Second Steaming Tray
- Rice Bowl
- Lid

Never put Turbo Convection Fan or Steamer Base in Dishwasher and never immerse Turbo Convection Fan or Steamer Base in water. These parts may be wiped with a damp cloth to remove residue.

Store your steamer in a dry place, out of the reach of children.

DESCALING THE STEAMER

After several months of use, chemical deposits may build up on the heating element of your steamer. This process is normal. Therefore, you should descale regularly to maintain maximum steam production and extend the life of your steamer.

To descale the steamer, fill the Water Reservoir to the maximum level with white vinegar (not brown vinegar). Plug into a socket. Bowl, lid and Water Reservoir should be in place.

Set timer for 25 minutes and begin steaming.

When the timer sounds, unplug and allow to cool completely before pouring out vinegar.

Rinse the Water Reservoir several times with fresh, cold water.

Steaming Guide

Helpful Hints

- Times indicated are based upon fresh fruits, meats and seafood (frozen foods not recommended). Steaming times will vary according to size, temperature and freshness of foods.
- Suggested times are simply a guide. The lowest time will provide a “crisp-tender” vegetable, whereas the highest time will produce a softer texture.
- The turbo-convection feature of the Cuisinart® TCS-60C eliminates the need to stir vegetables halfway through cooking time, which is necessary with other steamers.
- Use tongs to remove food from the steamer.
- Beans cooked in the Cuisinart steamer cook evenly and do not break up as readily as those cooked on the stove top.

Food	Quantity/Yield	Steaming Time	Cook’s Notes
Eggs			
Soft cooked eggs	*Up to 12 Grade A large eggs*	*6-9 minutes*	• Use second Steamer Tray. • Run hard cooked eggs under cold water to stop cooking; refrigerate.
Hard cooked eggs	*Up to 12 Grade A large eggs*	*15 minutes*	
Dried Beans and Legumes			
Black Beans	*1 cup (250 mL) of dried beans + 2 to 2 1/2 cups (500 mL to 625 mL) liquid = approximately 3 cups (750 mL) cooked beans.*	*40-45 minutes*	• Soak dried legumes (except lentils) overnight, drain, rinse & drain again. • Spread drained beans evenly in rice bowl. • Cover with water or unsalted stock; add fresh herbs, garlic cloves, onion or bay leaf. • Do not add salt until beans are completely cooked (salt and acids inhibit the softening of beans). • After steaming, drain, rinse and drain again.
Black-eyed Peas		*35-40 minutes*	
Chickpeas (Garbanzo)		*60 minutes*	
Lentils		*35 minutes*	
Great Northern Beans		*45-50 minutes*	
Kidney Beans		*45-50 minutes*	

Food	Quantity/Yield	Steaming Time	Cook's Notes
Rice and Grains			
Barley	*1 cup (250 mL) (rinse until water runs clear) + 2 cups (500 mL) liquid = 4 cups (1 L) cooked*	*35 minutes*	• Use Rice Bowl for rices and grains. • Liquid can be water or stock according to personal preference. • Stir after adding liquid to distribute evenly in the bowl. • Use low-sodium/low-fat stocks for extra flavour. • Dried or fresh herbs, chopped onion or garlic may be added. • Flavoured rices such as basmati or jasmine may require slightly different cooking times. • Fluff rice with a fork when removing from Rice Bowl.
Brown Rice	*1 cup (250 mL) rice + 1 2/3 cups (400 mL) liquid = 4 cups (1 L) cooked rice;* *1-1/2 cups (375 mL) rice + 2-1/3 cups (575 mL) liquid = 6 cups (1.5 L) cooked rice;* *2 cups (500 mL) rice + 3-1/4 cups (800 mL) liquid = 8 cups (2 L) cooked rice*	*45 - 50 minutes + 10 minutes resting time*	
White Rice	*1 cup (250 mL) rice + 1-1/2 cups (375 mL) liquid = 3 cups (750 mL) cooked rice;* *1-1/2 cups (375 mL) rice + 2-1/3 cups (575 mL) liquid = 6 cups (1.5 L) cooked rice;* *2 cups (500 mL) white rice + 3-1/4 cups (800 mL) liquid = 8 cups (2 L) cooked rice*	*20 - 22 minutes + 10 minutes resting time*	
Quinoa	*1 cup (250 mL) quinoa + 2 cups (500 mL) liquid = 3 cups (750 mL) quinoa*	*30 - 35 minutes*	
Wild Rice	*1 cup (250 mL) wild rice + 2 cups (500 mL) liquid = 3 cups (750 mL) cooked rice (must be drained)*	*45 - 55 minutes*	
Vegetables			
Artichokes (globe)	*6 large (10 - 12 oz.) (300 - 375 g/mL)* *4 medium (6 - 9 oz.) (175 - 180 g/mL)*	*35 - 40 minutes* *28 - 35 minutes*	• Trim artichokes. • Serve cooked artichokes warm or chilled.
Asparagus	*1 pound (500g), whole spears, 1/2" (1.25cm) diameter* *2 pounds (1kg), whole spears, 1/2" (1.25cm) diameter* *(use both trays for larger amounts)*	*6 - 8 minutes* *8 - 10 minutes*	• Choose firm, unrippled stalks with tight tips, best cooked the day they are purchased. • Break off bottoms at the natural break, then trim closely with a knife.

Food	Quantity/Yield	Steaming Time	Cook's Notes
Vegetables			
Broccoli	*1 to 1-1/2 pounds (500g to 750g) florets* *1 to 1-1/2 pounds (500g to 750g) spears* *(use both trays for larger amounts)*	*8 - 10 minutes (crispy)* *10 - 14 minutes*	• Choose bunches with deep strong colour (emerald green to green with purple) and tight florets. • If steaming for salads, steam until broccoli just turns bright green; refresh immediately in iced water and drain before using.
Brussels Sprouts	*1-1/4 pounds (625g)*	*10 - 12 minutes*	• Smaller sprouts are more tender; look for small, bright green compact heads. • Slice off bottom, peel off outer leaves, then cut an "x" in the bottom of each sprout.
Carrots	*Whole baby carrots, 1 or 2 pounds (500g or 1kg)* *Cut carrots* *1 pound (500g) sliced* *2 pounds (1kg) sliced* *1 pound (500g) julienned* *(use both trays for larger amounts)*	*16 - 20 minutes* *10 - 12 minutes* *14 - 16 minutes* *7 - 10 minutes*	• Peel and slice or julienne carrots. • For ease, use Cuisinart® Food Processor 4mm slicing disc or 3mm julienne disc.
Cauliflower	*8 ounces (250 g/mL), trimmed and cut into florets.* *1 to 1-1/2 pounds (500g to 750 g), trimmed, cut into florets.* *Whole head, leaves trimmed.* *(use both trays for larger amounts)*	*10 - 13 minutes* *15 - 18 minutes* *18 - 22 minutes*	• Choose cauliflower with compact florets, and no discolouration of florets or leaves. • Broccoflower (a hybrid of cauliflower and broccoli) will require cooking times similar to cauliflower.
Corn on the Cob	*4 ears fresh corn* *8 ears fresh corn*	*9 - 12 minutes* *11 - 15 minutes*	• 4 ears in each steamer tray
Green Beans, French cut (string beans/ wax beans)	*1 pound (500g)* *1-1/2 pounds (750g)* *2 pounds (1kg)* *(use both trays for larger amounts)*	*10 - 12 minutes* *12 - 15 minutes* *14 - 16 minutes*	• Select crisp, slender bright green beans. • Best when steamed until crisp-tender. • If beans are to be used for a salad, steam until just bright green, refresh immediately with iced water, and drain completely before dressing.

Food	Quantity/Yield	Steaming Time	Cook's Notes
Vegetables			
Green Beans, Diagonal cut (string beans/ wax beans	*Diagonal cut, 1 to 1-1/2 inches (2.5cm to 3.75 cm) in length* *1 pound (500g)* *1-1/2 pounds (750g)* *2 pounds (1kg),* *(use both trays for larger amounts)*	*12 - 15 minutes* *14 - 16 minutes* *14 - 16 minutes*	• Select crisp, slender bright green beans. • If beans are to be used for a salad, steam until bright green, refresh immediately with iced water, then drain completely before dressing.
Potatoes, Sweet	*1 pound (500g), cut in wedges*	*18 - 22 minutes*	• Steamed sweet potatoes are a delicious alternative to white potatoes for side dishes or salads, full of vitamins A & C. • Peel potatoes and cut in wedges.
Potatoes, White	*1 pound (500g), cut in wedges* *2 pounds (1kg), cut in wedges* *(use both trays for larger amounts)*	*18 - 22 minutes* *20 - 25 minutes*	• Waxy potatoes such as new red or white, Yukon Gold (or other yellow potatoes) and purple potatoes are most suitable for steaming. • Scrub well, peel if desired and cut into wedges for best results.
Snow Peas	*1 pound (500g), (use Second Steamer Tray)* *2 pounds (1kg), (use both Steamer Trays)*	*4 - 5 minutes* *5 - 7 minutes*	• Trim tips and tops. • Choose crisp, bright green pea pods.
Sugar Snap Peas (Edible Pod Peas)	*1 pound (500g), (use Second Steamer Tray)* *2 pounds (1kg), (use both Steamer Trays)*	*5 - 7 minutes* *6 - 9 minutes*	• Choose plump, crisp, bright green pea pods. • Trim tips, tops and strings if tough.
Squash, Summer (Yellow or Zucchini)	*1 pound (500g)* *2 pounds (1kg)*	*6 - 8 minutes* *7 - 10 minutes*	• Choose firm, narrow, brightly coloured squash. • Trim root and blossom ends, cut in half lengthwise, then into 1/2 - 3/4 inch (1.25 -1.88 cm) slices.
Squash, Winter	*Acorn, cut in wedges, remove seeds* *Butternut, peel, seed and cube*	*12 - 15 minutes* *10 - 12 minutes*	• Wash and remove tough stem. • If steaming halved acorn squash, place in steamer tray, cut side down; increase steaming time to 25 - 30 minutes.

Food	Quantity/Yield	Steaming Time	Cook's Notes
Chicken and Seafood			
Boneless, Skinless Chicken Breast Halves or Thighs	*5 - 6 ounces (150 - 175g/mL) each, up to 8 (250g/mL)* *(use both steamer trays)*	*18 - 22 minutes*	• Follow proper food handling techniques for poultry and seafood. • Always check poultry for proper doneness; juices should run clear when tested with a knife and internal temperature should read 170° F for chicken breast meat, and 180° F for dark meat. • Do not steam bone-in chicken. • Clean shrimp; steam in shells for optimum flavour.
Shrimp, Sea Scallops	*1 pound (500g)* *(use in Second Steamer Tray)*	*5 - 8 minutes*	
Clams & Mussels	*Steam until shells are just fully opened.*	*6 - 8 minutes*	
Fish Fillets/Steaks	*Steam for 10 minutes per inch (2.5cm) of thickness.*	*10 minutes per inch (2.5cm) of thickness*	
Hot Dogs/ Precooked Sausages	*6 to 12*	*6 - 8 minutes*	• Pierce before steaming. • If desired, steam drained sauerkraut in Rice Bowl as an accompaniment.

ASIAN STEAMED DUMPLINGS

A Dim Sum favourite, our Steamed Dumplings make a wonderful appetizer.

Makes about 40.

Preparation time: 35 – 40 minutes
(includes freezing time for meat)
+ 15 minutes steaming time.

3 ounces (84g/mL) well-trimmed boneless pork chop, cut in 1/2 inch (1.25 cm) cubes
3 ounces (84g/mL) peeled and deveined shrimp
About 6 – 8 large Napa cabbage leaves (whole) to line the steamer
Dipping Sauce for Steamed Dumplings, p.13
5 ounces (150g/mL) Napa cabbage leaves, cut to fit the Cuisinart® food processor's large feed tube
1 clove garlic, peeled
2 slices peeled fresh ginger, each about the size of a quarter
2 green onions, trimmed and cut into 1-inch (2.5 cm) pieces
1-1/2 ounces (42g/mL) drained water chestnuts
1 tablespoon (15 mL) toasted pine nuts
1/2 jalapeño pepper, stemmed and seeded
1/4 cup (50 mL) fresh cilantro or flat parsley leaves, loosely packed
1-1/2 tablespoons (25 mL) soy or tamari (low sodium)
1 tablespoon (15 mL) dry sherry
1-1/2 tablespoons (25 mL) cornstarch
1/2 teaspoon (2 mL) freshly ground black pepper
1 package (about 50) wonton wrappers (3-inch/7.5 cm square)
Water to seal the dumplings
Napa cabbage leaves and fresh cilantro for garnish

Fill the Water Reservoir of the steamer. Line a baking sheet with plastic wrap. Lay the pork cubes and shrimp on the lined pan in a single layer. Freeze for 20 minutes. Line the Steamer Trays with the 6 – 8 Napa cabbage leaves in a single layer; set aside. Fill the Water Reservoir and attach to the Steamer. Prepare Dipping Sauce in Cuisinart® Food Processor – do not wash work bowl.

Insert the medium (4mm) slicing disc in Food Processor. Arrange the cut cabbage in the large feed tube; use medium pressure to slice. Remove and reserve. Insert the metal blade. With the machine running, drop the garlic clove through the small feed tube. Process 5 seconds to chop. Add the ginger, green onions, water chestnuts, jalapeño, and cilantro. Pulse to chop, 5 – 10 times. Add the slightly frozen pork cubes and shrimp. Pulse to chop, 20 – 30 times. Add the reserved sliced Napa cabbage. Pulse to combine, 10 times. Add the pine nuts, soy, sherry, cornstarch, and ground pepper; pulse to combine, 10 times. Remove and reserve.

Lay the wonton wrappers on a clean, dry work surface. (About 10 at a time is a good number to work with. If you try to do too many at a time, they will dry out.) Place a rounded teaspoon (5 mL) of the filling in the center of each wonton. One at a time, lightly brush the edges of each wrapper with water. Gather the 4 corners together and pinch to seal, then pinch the open sides to seal. Repeat until all the filling has been used. Arrange the sealed dumplings on the leaf lined steamer trays, about 20 per level.

Wrap and refrigerate remaining wrappers for another use.

Assemble the steamer and steam the dumplings for 15 minutes. Turn off steamer and unplug; let sit 1 minute. Carefully lift off the steamer lid, transfer the dumplings to a platter lined with fresh Napa cabbage leaves, and garnish with a few sprigs of cilantro. Put the dipping sauce in a small decorative bowl on or next to the platter.

Nutritional Analysis per dumpling:
without dipping sauce

Calories: 31g (15% from fat) • carbo. 5g • protein 2g sat. fat 0g • chol. 4 mg • sodium 67mg • fiber 0g

STEAMED SPINACH DUMPLINGS

Our meatless version of this Dim Sum specialty.

Makes about 40.

Preparation time: 35 – 40 minutes
(includes weighting time for tofu)
+ 15 minutes steaming time.

8 ounces (250g/mL) soft tofu (1/2 Pkg.)
Dipping Sauce for Dumplings, p.13
Fresh lettuce leaves to line the steamer baskets
1 clove garlic, peeled
2 slices peeled ginger, each about the size of a quarter
1/4 cup (50 mL) flat parsley leaves, tightly packed
8 ounces (250g/mL) fresh spinach leaves (weigh after removing stems), washed and dried
3 ounces (84g/mL) drained water chestnuts
3 tablespoons (45 mL) toasted pine nuts
1 tablespoon (15 mL) low-sodium soy sauce or tamari

1 tablespoon (15 mL) dry sherry
1/2 teaspoon (2 mL) toasted sesame oil
1/4 teaspoon (1 mL) freshly ground black pepper
1 package (about 50) wonton wrappers (3-inch/7.5 cm square)
Water to seal the dumplings

Place tofu between triple thickness of paper towels and set under a weight for 15 – 20 minutes to remove some of the excess water. Prepare Dipping Sauce for Dumplings in Cuisinart® Food Processor; do not wash work bowl. Line Steamer trays with lettuce leaves. Fill the Water Reservoir and attach to the Steamer.

With the food processor running, drop the garlic through the small feed tube; process 5 seconds to chop. Add the ginger and parsley; process 10 seconds to chop. Scrape the work bowl. Add the tofu; process until smooth, 15 – 20 seconds. Add 2 ounces (56g/mL) of the spinach. Pulse to chop, 15 – 20 times; scrape the work bowl. Repeat, and with the final batch of spinach, add the water chestnuts, pine nuts, soy sauce, sherry, sesame oil and black pepper. Pulse to combine well, 20 – 30 times. Remove and reserve.

Lay the wonton wrappers on a clean, dry work surface. (About 10 at a time is a good number to work with. If you try to do too many at a time, they will dry out.) Place a rounded teaspoon (5 mL) of the filling in the center of each wonton. One at a time, brush the edges of each wrapper with water. Gather the 4 corners together and pinch to seal, then pinch the open sides to seal. Repeat until all the filling has been used.

Arrange the sealed dumplings on the leaf lined Steamer Trays, about 20 per level. Wrap and refrigerate remaining wrappers for another use.

Assemble the Steamer and steam the dumplings for 15 minutes. Turn off steamer and unplug; let sit 1 minute. Carefully lift off the steamer lid, transfer the dumplings to a platter lined with fresh Napa cabbage leaves, and garnish with a few sprigs of cilantro. Put the dipping sauce in a small decorative bowl on or next to the platter.

Nutritional analysis per dumpling:
without dipping sauce

Calories 30 (21% from fat) • carbo. 5g • protein 1g • fat 1g • sat. fat 0g • chol. 1mg • sodium 62 mg • fiber 1g

DIPPING SAUCE FOR DUMPLINGS

Try this Dipping Sauce as a marinade for chicken or salmon, using your Cuisinart® Steamer.

Makes about 3/4 cup (175 mL).

Preparation: 5 minutes.

1 clove garlic, peeled
3 slices peeled fresh ginger, each about the size of a quarter
2 green onions, trimmed and cut into 1-inch (2.5 cm) pieces
2 tablespoons (25 mL) fresh cilantro or parsley leaves, loosely packed
1/3 cup (75 mL) soy or tamari sauce (low sodium)
1/3 cup (75 mL) rice wine vinegar (seasoned if available)
1 tablespoon (15 mL) lime juice (freshly squeezed)
1 teaspoon (5 mL) toasted sesame oil
1/4 teaspoon (1 mL) freshly ground black pepper

Insert the metal blade in the Cuisinart® Food Processor. With the machine running, drop the garlic through the small feed tube and process 5 seconds to chop. Add the ginger, green onions and cilantro leaves; pulse to chop, 10 – 15 times. Combine the soy sauce, rice wine vinegar, lime juice, and sesame oil. With the machine running, add the liquid through the small feed tube in a steady stream. Add the pepper and process to combine. Transfer to a jar for storage or to a decorative bowl for serving with Asian Steamed Dumplings or Steamed Spinach Dumplings.

The Dipping Sauce may also be used as a marinade for chicken, fish, shrimp, pork or beef.

Nutritional analysis per 1/2 teaspoon (2 mL):

Calories 2 (34% from fat) • carbo. 0g • protein 0g • fat 0g • sat. fat 0g • chol. 0mg • sodium 45mg • fiber 0g

SPINACH SAUCE FOR STEAMED VEGETABLES, CHICKEN OR SEAFOOD

A light, easy sauce that will enhance your steamed vegetables, our Spinach Sauce is particularly good with Steamed Artichokes rather than the traditional drawn butter or a mayonnaise based sauce. The combination is reminiscent of the popular Spinach Artichoke Dip, but without the high fat and cholesterol. It also makes a great sauce to toss with your choice of steamed vegetables and freshly cooked pasta to make a complete meal.

Makes 1-1/2 cups (375 mL).

Preparation: 10 minutes, + overnight (12 hours) to drain the yogurt.

1 cup (250 mL) nonfat plain yogurt (without gelatin)
1 10-ounce (300g/mL) package frozen chopped spinach, thawed
1/2 ounce (14g/mL) Reggiano Parmesan cheese, cut in 1/2-inch (1.25 cm) pieces
1 – 2 cloves garlic, peeled
8 chives, cut into 1-inch (2.5 cm) lengths
1/2 cup (125 mL) well-packed flat parsley leaves
1/4 cup (50 mL) extra virgin olive oil
4 – 6 drops Tabasco® or other hot sauce
3 – 4 tablespoons (45 mL - 50 mL water (or to taste)

Use a yogurt strainer or line a strainer with a coffee filter or cheesecloth to strain the yogurt overnight to remove the whey. The yogurt will thicken and lose about half its volume. Discard the whey.

Place the thawed spinach in a clean tea towel (use a dark or old towel – it will stain); squeeze dry and reserve.

Insert the metal blade in the Cuisinart® Food Processor. With the machine running, drop the cheese and garlic through the small feed tube; process 15 – 20 seconds to chop. Add the chives, parsley, drained yogurt and spinach; process to combine, 45 seconds. Scrape the work bowl. With the machine running, add the olive oil through the small feed tube in a steady stream. Scrape the work bowl. Add the hot sauce, then the water, and process to blend, about 20 – 30 seconds. The sauce will be thick. If you wish a thinner sauce, add more water a little at a time to taste.

Use the sauce for steamed vegetables, or to spread on steamed chicken or seafood.

Nutritional analysis per tablespoon (15 mL):

Calories 31 (21% from fat) • carbo. 1g • pro. 1g • fat 3g • sat. fat 0g • chol. 1 mg • sod. 20 mg • fiber 0g

SWEET POTATOES WITH FENNEL

Sweet potatoes are a good source of vitamins A & C, and beta carotene.

Makes 6 servings

Preparation: 10 – 15 minutes + 18 minutes steaming time.

6 green onions, trimmed and chopped*
12 ounces (375g/mL) fresh fennel, trimmed and thickly sliced (1/2-inch/1.25 cm)*, fronds reserved for garnish
1-1/2 pounds (750g) sweet potatoes, cut into 3/4-inch (1.88 cm) wedges
kosher salt and freshly ground pepper to taste

Fill the water reservoir of the steamer.

Arrange the wedged sweet potatoes in the large steamer tray. Steam for 12 – 15 minutes. Turn off and let sit one minute. Add the fennel to the steamer with the sweet potatoes; steam for an additional 8 – 10 minutes. Turn off the steamer and let sit one minute. Transfer the steamed sweet potatoes and fennel to a bowl. Add the reserved green onions. Season to taste with kosher salt and freshly ground pepper. Garnish with reserved fennel fronds to serve.

Steamed Sweet Potatoes with Fennel may be combined with Ginger Dill Sea Bass (4 serving size), page 21, to make a “whole meal.” Arrange the marinated sea bass in the second steamer tray, and add to the steamer at the same time the fennel is added.

*May be done in the Cuisinart® Food Processor. Use metal blade to chop the green onions, and the thick (6 or 8 mm) slicing disc to slice the fennel.

Nutritional Analysis per serving:

Calories 213 (3% from fat) • carbo. 49g • pro. 4g • fat 1g • sat.fat 0g • chol. 0 mg • sod. 70g • fiber 6g

WHITE AND SWEET POTATO SALAD WITH DILL DRESSING

White and sweet potatoes combine to make this salad appealing to the eye and to the palate.

Makes sixteen 1/2-cup (125 mL) servings.

Preparation: about 20 minutes + 20 minutes steaming time.

1-1/2 pounds (750g) new red or white potatoes, peeled if desired, cut into 1-inch (2.5 cm) wedges
1-1/2 pounds (750g) sweet potatoes, peeled, quartered lengthwise, then cut into 1-inch (2.5 cm) lengths
3 ribs celery, thinly sliced *
1/2 pound (250g) snow peas, trimmed and thinly sliced *
1 shallot (1-1/2 ounces) (42g/mL), peeled, cut into 1-inch (2.5 cm) pieces
1/2 cup (125 mL) fresh dill weed, fairly tightly packed
1-1/2 tablespoons (25 mL) Dijon-style mustard
1/4 cups (50 mL) white balsamic or white wine vinegar
1/2 teaspoon (2 mL) kosher salt
1/4 teaspoon (1 mL) freshly ground black pepper
1/2 cup (125 mL) extra virgin olive oil
Fresh dill sprigs for garnish

Place the white potatoes in the large steamer tray. Place the sweet potatoes in the second steamer tray. Fill the water reservoir and assemble the steamer. Steam the potatoes for 18 – 22 minutes, until tender.

While the potatoes are steaming, prepare the dressing. In a Cuisinart® Blender or Food Processor fitted with the metal blade, pulse to chop the shallot finely. Add the dill weed, mustard, vinegar, kosher salt and pepper. Process to combine; then with the machine running, add the olive oil in a slow steady stream. Remove and reserve.

Turn off the steamer and unplug; let sit for 1 minute. Transfer the potatoes to a large bowl. Toss with half the dressing. If the salad is to be served warm, add the sliced vegetables and remaining dressing to taste. If the salad is to be served cold, cover and refrigerate the potato mixture and sliced vegetables separately. About 20 – 30 minutes before serving, remove from the refrigerator, add the sliced vegetables and dressing to taste, and toss gently to combine. Garnish with sprigs of fresh dill.

*May use 2 or 3 mm slicing disc of Cuisinart® Food Processor for slicing.

Nutritional Analysis per 1/2 cup (125 mL) serving:

Calories 159 (42% from fat) • carbo. 21g • protein 2g • fat 7g • sat. fat 1g • chol. 0.00mg • sodium 111mg • fiber 2g

WHITE BEAN SALAD

Beans cooked in the Cuisinart® steamer cook evenly and do not break up as readily as those cooked on the stove top.

Makes 4 cups (1 L).

Preparation: 12 hours/overnight to soak beans, 50 – 55 minutes steaming time for beans, 10 minutes to prepare salad.

1 cup (250 mL) great northern, navy or white beans
2 sprigs parsley
1 clove garlic, peeled
1 bay leaf
1-3/4 cups (425 mL) water
Juice of 3 lemons
1 red onion (6 ounces) (175g/mL), peeled and chopped
5 plum tomatoes, seeded, and diced
8 fresh basil leaves, shredded
8 fresh mint leaves, shredded
Kosher salt and freshly ground pepper to taste
Splash of extra virgin olive oil

Pick over beans thoroughly to remove any grit or stones, and rinse. Place in a medium bowl and cover with 2 inches (5 cm) cold water. Allow the beans to soak at least 12 hours or overnight to rehydrate.

Fill the water reservoir and assemble the steamer. Drain the beans, rinse, and drain again. Place in the rice basket of the steamer along with the parsley, garlic, bay leaf, and water. Steam for 50 – 55 minutes. Allow the beans to sit in the hot liquid for 10 minutes. Drain, rinse, drain again and transfer to a medium bowl. Toss with the lemon juice and set aside. Combine the beans with the chopped onion, plum tomatoes, basil and mint. Season to taste with kosher salt and pepper. Add a splash of extra virgin olive oil if desired for flavour.

Toss gently and serve on a bed of fresh greens.

Nutritional analysis per half cup (125 mL):

Calories103 (3% from fat) • carbo, 20g • pro. 7g • fat 0g • sat. fat 1g • chol. 0 mg • sod. 10g • fiber 5g

SALADE NIÇOISE

Fresh steamed tuna makes our Salade Niçoise deliciously special.

Makes 6 entrée servings.

Preparation: 40 – 50 minutes, including steaming time.
Must be done ahead to chill. Assemble just before serving.

4 large eggs
1 large red or yellow bell pepper, cored, seeded and sliced
12 ounces (375g/mL) new potatoes, scrubbed, cut into 1/2-inch (1.25 cm) wedges
12 ounces (375g/mL) green beans, trimmed, cut into 1-1/2 to 2-inch (3.75 to 5 cm) lengths
1-1/4 pounds (625g) fresh yellow fin tuna steak, 1 to 1-1/2 inches (2.5 - 3.75 cm) thick
1 teaspoon (5 mL) extra virgin olive oil
1/4 teaspoon (1 mL) kosher salt
1/4 teaspoon (1 mL) freshly ground black pepper
12 ounces (375g/mL) tomatoes, cut into wedges or slices
4 ounces (125g/mL) radishes, trimmed and sliced
1 small red onion (4 ounces) (125g/mL), peeled and sliced in very thin wedges
1 large (20 - 24 ounces) (600 - 750g/mL) head Romaine or other lettuce (not iceberg), outer leaves discarded, washed, dried
1/3 cup (75 mL) pitted black olives (preferably imported such as Niçoise or Kalamata), chopped roughly
1/4 cup (50 mL) capers, rinsed and drained

Dressing:

2 cloves garlic, peeled
1 small shallot (1/2 ounce) (14g/mL), peeled and trimmed
1/4 cup (50 mL) flat parsley leaves, loosely packed
2 tablespoons (25 mL) fresh dill weed, loosely packed
1 tablespoon (15 mL) Dijon-style mustard
1/3 cup (75 mL) white wine vinegar
2/3 cup (150 mL) extra virgin olive oil
1/2 teaspoon (2 mL) sugar
1/2 teaspoon (2 mL) kosher salt
1/2 teaspoon (2 mL) freshly ground black pepper

Fill the water reservoir of Steamer.

Arrange eggs in Second Steamer Tray. Steam for 15 minutes. Immediately run under cold water to stop cooking. When cool to the touch, refrigerate until ready to use. Refill the water reservoir and reassemble the steamer.

Arrange the potatoes in the large steamer tray. Steam until tender, 18 – 22 minutes. While the potatoes steam, rub the tuna with olive oil, kosher salt and freshly ground pepper; set aside. Arrange the green beans in an even layer in the second steamer tray. After the potatoes have steamed for 10 – 12 minutes, add the second tray with the green beans to the steamer; steam until crisp tender, about 8 – 10 minutes. Refresh the green beans immediately in iced water to stop cooking, then drain and refrigerate until time to assemble the salad. Refrigerate the potatoes until ready to assemble the salad. Add more water to the reservoir if necessary; place the seasoned tuna in the second steamer tray. Steam for 6 – 10 minutes (if sushi quality, tuna may be served rare) to taste. Remove and refrigerate.

To make the dressing, finely chop the garlic and shallot in a Cuisinart® Blender or Cuisinart® Food Processor fitted with the steel blade. Add the parsley, dill, mustard and wine vinegar. Process to combine, 10 seconds. Scrape blender jar or food processor bowl with a spatula. With the machine running, add the olive oil in a slow, steady stream. Add the sugar, kosher salt and pepper. Remove and reserve. Allow the dressing to sit for 20 – 30 minutes to allow the flavours to blend.

Just before serving, tear or shred the lettuce into bite-sized pieces. In a large serving bowl, combine the lettuce with the chilled potatoes, green beans, sliced bell peppers, onions, radishes, and half the dressing. Toss gently to combine. Slice or shred the tuna; arrange on top of the salad along with the tomatoes, black olives and capers. Peel and slice or wedge the chilled hard cooked eggs. Arrange decoratively on the salad. Serve the salad and pass the remainder of the dressing.

Nutritional Analysis per serving:

Salad (no dressing)

Calories 221 (35% from fat) • carbo. 26g • protein 10g • fat 8g • sat. fat 8.49g • chol. 147mg sodium 584mg • fiber 7g

Salad (made with 1/2 recipe dressing)

Calories 341 (56% from fat) • carbo. 97g • protein 11g • fat 21g • sat. fat 4g • chol. 147g • sodium 693 mg • fiber 7g

Salade Niçoise Dressing – per teaspoon (5 mL)

Calories 24(96% from fat) • carbo. 0g • protein 0g • fat 3g• sat. fat 0g • chol. 0mg • sodium 22mg • fiber 0g

BROWN RICE, CHICKEN & BROCCOLI SALAD

This salad may be served warm or chilled.

Makes 8 servings

Preparation: 60-65 minutes, including steaming time

Salad:

1 cup (250 mL) long grain brown rice
1-1/2 cups (375 mL) chicken broth or stock (nonfat, low salt)
12 ounces (375g/mL) boneless, skinless chicken breast halves, well trimmed
2 cloves garlic, peeled, finely chopped
1/2 teaspoon (2 mL) kosher salt
1/4 teaspoon (1 mL) freshly ground black pepper
1 teaspoon (5 mL) extra virgin olive oil
1 large (about 1-1/2 pounds) (750g) bunch of broccoli, florets cut into 1-inch (2.5 cm) pieces, stems reserved for another use (may use broccoli crowns)
2 large celery stalks, thinly sliced *
6 green onions, trimmed and thinly sliced *
1 cup (250 mL) small cherry or grape tomatoes (red or yellow), washed and dried
Several sprigs of fresh thyme for garnish

Dressing:

1 clove garlic, peeled
Zest of 1/2 lemon, bitter white pith removed
3 teaspoons (15 mL) fresh thyme leaves (1-1/2 teaspoons/7 mL dried)
1 tablespoon (15 mL) Dijon-style mustard
1/4 cup (50 mL) white balsamic or white wine vinegar
2 tablespoons (25 mL) freshly squeezed lemon juice
1/2 cup (125 mL)extra virgin olive oil
1/4 cup (50 mL) chicken broth or stock (nonfat, low salt)
1/2 teaspoon (2 mL) kosher salt
1/2 teaspoon (2 mL) freshly ground black pepper

Fill the reservoir with water and assemble the steamer. Rinse the rice under running water until water runs clear; drain well. Combine the rice and chicken broth in the rice bowl; stir to combine and spread the rice into an even layer. Cover and steam for 35 minutes.

Combine the boneless chicken breasts with the chopped garlic, kosher salt, and olive oil. Arrange in the second steamer tray. When the rice has steamed for 35 minutes, add the chicken to the steamer. Steam for 18 – 22 minutes, until the juices run clear when tested with a knife and the internal temperature measures 170º F when tested with an instant read thermometer. While the rice and chicken steam, prepare the dressing.

In a Cuisinart® Blender or Cuisinart® Food Processor fitted with the metal blade, process the garlic and lemon zest to chop finely. Add the thyme, mustard, vinegar and lemon juice, and process to combine, about 10 – 15 seconds. Use a spatula to scrape the blender jar or food processor work bowl. With the machine running, add the olive oil in a steady stream. Scrape the jar or work bowl again. Add the salt and pepper; process to combine. Remove and reserve.

When the chicken is ready, remove from the steamer and transfer to a plate. Add the broccoli florets to the second steamer tray. Steam with the rice for another 3 – 5 minutes, until bright green and crisp-tender. Turn off the steamer. Remove the broccoli and refresh immediately in iced water, then drain thoroughly. Allow the rice to remain in the steamer for an additional 10 minutes to rest.

After 10 minutes, transfer the rice to a large bowl and toss with half of the prepared dressing. Cut the chicken into bite-sized pieces. Add the chicken, broccoli, celery, green onions and tomatoes to the rice. Toss gently to combine. Add more dressing as needed. Garnish with a few sprigs of fresh thyme and serve. To serve the salad cold, complete as directed, but reserve the broccoli and add just before serving, to preserve its bright green colour and crisp-tender texture.

*May be done with the slicing disc (2 or 3 mm) of the Cuisinart® Food Processor.

Nutritional Analysis per serving :

Calories 330(45% from fat) • carbo. 27g • protein 19g • fat 17g • sat. fat 3.g • chol. 33mg • sodium 479mg • fiber 2g

CHICKEN AND ROASTED PEPPER ROULADES

Easy, healthy, but good enough to serve when entertaining.

Makes 6 servings.

Preparation: 15 – 20 minutes

6 boneless, skinless chicken breast halves, trimmed, tenders removed and reserved for another use (about 4 – 5 ounces/125 – 150g/mL each)
1 clove garlic
2 teaspoons (10 mL) dry vermouth or white balsamic vinegar
1 teaspoon (5 mL) extra virgin olive oil
4 – 6 fresh basil leaves, washed and dried
1/4 teaspoon (1 mL) kosher salt
1/4 teaspoon (1 mL) freshly ground black pepper
3 large roasted red peppers (may be from a jar), drained and halved
36 flat spinach leaves, stems removed, washed well and dried
12 long flexible chives, tied in pairs at the stem end using a square knot

(Tip: have a few extra chives available in case of breakage)

For a Whole Meal, do only 4 chicken breast halves and add:

8 new potatoes, 2-3 ounces (56 - 84g/mL) each, quartered lengthwise
4 ounces (125g/mL) mushrooms, halved
8 ounces (250g/mL) snow peas, trimmed and strings removed
8 ounces (250g/mL) carrots, peeled

Place chicken breast halves between 2 sheets of plastic wrap and use a flat pounder to pound to an even thickness of about 1/2 inch (1.25 cm). Transfer chicken to a medium bowl. Clean work surface thoroughly and wash hands with hot water and soap.

In the Cuisinart® Mini-Prep Processor, process the garlic on high to chop, about 10 seconds. Add the vermouth, olive oil, basil leaves, salt, and pepper; process to combine and chop the basil, about 10 – 15 seconds. Add the basil mixture to the chicken and toss to coat well. Lay the chicken out on a large Prep Board or flat platter, "skin" side down. Wash hands well with hot water and soap.

Lay 6 spinach leaves out in a line with edges overlapping. Roll a roasted pepper into a cylinder. Lay the rolled pepper on the spinach and roll so that the pepper is rolled in the spinach leaves. Place on one end of the chicken and roll the chicken jelly roll style, so that the spinach/roasted pepper roll is rolled up in the chicken. Place seam side down and repeat. (The chicken may be prepared to this point up to 8 hours ahead; wrap in plastic wrap and refrigerate). Just before steaming, tie a chive around the center of each bundle, with the knot on the underside.

Spray the bottom of the larger steamer tray with vegetable oil cooking spray or olive oil.

Arrange the chicken roulades in the large steamer tray. Fill the water reservoir and steam for 22 minutes. Turn off the steamer, unplug and let sit for 1 minute. Remove the fan arm and lid, transfer the chicken roulades to a serving plate, and serve. May be served hot or cold. Served cold and sliced, the roulades make a nice addition to a salad.

To make a Whole Meal:

Spray the bottom of the larger steamer tray with vegetable oil cooking spray or olive oil. Arrange the quartered potatoes and mushroom halves in a single layer in the steamer tray. Arrange the chicken roulades over the potatoes and mushrooms. Steam for 18 minutes. While the vegetables are steaming, trim the carrots to fit the large feed tube of a Cuisinart® Food Processor horizontally. Insert the 3mm Julienne disc and julienne the carrots. Combine the carrots with the snow peas in the second steamer tray. After 18 minutes, turn off and unplug the steamer; let sit one minute. Carefully remove the fan arm and lid. Check potatoes for doneness. They should be almost done; if not tender, steam for an additional 3 – 5 minutes. Insert the second steamer tray and cover; attach the fan arm. Plug in the steamer; steam for an additional 3 – 4 minutes for crisp-tender vegetables. Turn off the steamer, unplug and let sit one minute. Remove fan arm and lid. Arrange the vegetables, chicken roulades, potatoes and mushrooms on a warm platter and serve.

Nutritional Analysis per serving:

Roulades only:

Calories 176 (14% from fat) • carbo. 5g • protein 31g • fat 3g • sat. fat 0g • chol. 75 mg • sodium 175mg • fiber 2g

Whole meal:

Calories 314 (9% from fat) • carbo. 36g • protein 31g • fat 3g? sat. fat 0g • chol. 75mg • sodium 197mg • fiber 7g

TUSCAN CHICKEN

This whole meal is ready in less than an hour!

Makes 4 servings.

Preparation: 15 minutes + 30 – 35 minutes steaming time.

6 - 8 sprigs fresh rosemary, about 5 - 6 inches (12.5 - 15 cm) each
1 clove garlic, peeled and chopped
4 teaspoons (20 mL) extra virgin olive oil
1/4 teaspoon (1 mL) kosher salt
1/8 teaspoon (0.5 mL) freshly ground black pepper
4 boneless, skinless chicken breast halves, about 4 - 5 ounces (125 - 150g/mL) each, well trimmed
12 ounces (375g/mL) new red or Yukon Gold potatoes, 2 - 3 ounces (56 - 84g/mL) each – wash, quarter, cut quarters in half
2 plum tomatoes, sliced 1/4-inch (0.63 cm) thick, stem ends discarded
2 tablespoons (25 mL) chopped sun-dried tomatoes
10 ounces (300g/mL) zucchini squash (slender), halved lengthwise, cut in 3/4-inch (1.88 cm) slices
10 ounces (300g/mL) yellow squash (slender, halved lengthwise, cut in 3/4-inch (1.88 cm) slices
6 ounces (175g/mL) mushrooms, rinsed, dried and quartered

Fill the water reservoir and attach to steamer. Line both steamer trays with 2 or 3 sprigs fresh rosemary; reserve the remaining rosemary for garnish.

Combine the chopped garlic with the olive oil, kosher salt and pepper. Rub the chicken with one third of this mixture; set aside. May be done ahead. If preparing longer than 15 minutes ahead, wrap and refrigerate until ready to use. Clean work surface thoroughly; wash hands with hot water and soap.

Toss the potatoes with half the remaining garlic/olive oil mixture, and arrange over the rosemary sprigs in the large steamer tray. Arrange the chicken over the rosemary in the second steamer tray (do not allow the chicken to touch sides of steamer tray). Top the chicken with the sliced plum tomatoes, then sprinkle with the chopped sun-dried tomatoes. Steam the potatoes and chicken for 14 minutes.

Combine the squashes and mushrooms with the remaining garlic/olive oil mixture; toss to combine. After the potatoes and chicken have steamed for 14 minutes, turn off the steamer and let sit for 1 minute. Remove the fan, lid and Second Steamer Tray. Arrange the vegetables on top of the potatoes; reassemble the steamer and steam for an additional 7 to 8 minutes. Turn off the steamer; let sit for 1 minute. Remove the lid and check the chicken for doneness (internal temperature should be 170º F; juices should run clear). Arrange the chicken, potatoes and vegetables on a warmed serving platter; garnish with the remaining sprigs of fresh rosemary and serve.

Nutritional analysis per serving:

Calories 498 (25% from fat) • carbo. 59 g • pro. 39g • fat 14g • sat. fat 4g • chol. 75mg • sod. 270mg • fiber 24g

STEAMED SOLE OR FLOUNDER ROLLS

Makes 4 servings.

Preparation: 5 – 10 minutes + 10 – 15 minutes steaming time.

Vegetable oil cooking spray
2 pounds (1kg) fresh skinless sole or flounder fillets (all about the same size)
2 green onions, trimmed and chopped*
1-1/2 tablespoons (25 mL) low-sodium soy sauce or tamari
1 tablespoon (15 mL) dry sherry
1/2 teaspoon (2 mL) toasted sesame oil
1/4 teaspoon (1 mL) freshly ground black pepper

Lightly spray the lower steamer basket with vegetable oil cooking spray (spray both baskets if doing a double recipe).

Fill the water reservoir and attach to the Steamer.

Rinse and dry the sole. Lay out in a single layer, skin side up. Combine the soy sauce, sherry, sesame oil, and black pepper. Lightly brush each sole fillet with the soy mixture. Sprinkle each with about a half teaspoon (2 mL) of the chopped green onions. Starting from the flat end, roll each fillet jelly roll style into a compact log. Arrange in the prepared steamer tray with the exposed end pointed to the bottom. Brush again lightly with the soy mixture.

Measure the height of the rolls. Steam the rolls for 10 minutes per inch (2.5 cm) of height (i.e., if the rolls are 1-1/2 inches (3.75 cm) in height, then they will be steamed for 15 minutes). If you are doing a single recipe, then you may steam your vegetable of choice in the upper basket. Turn off the steamer and unplug; let sit 1 minute.

Lift off fan and lid. Transfer to warmed plates to serve.

*May be chopped in a Cuisinart® Mini-Prep or Cuisinart® Food Processor fitted with the metal blade.

Nutritional Analysis per serving:

Calories 163 (14% from fat) • carbo. 1g • protein 32g • fat 2g • sat. fat 1g • chol. 82mg • sodium 205mg • fiber 0

GINGER MARINATED SALMON STEAKS

Makes 4 servings.

Preparation: 5 minutes,
20 – 30 minutes to marinate,
+ 12 minutes steaming time.

- **4 salmon steaks, about 1 inch (2.5 cm) thick, 6 ounces (175g/mL) each**
- **12 fresh chives, chopped***
- **3 cloves garlic, peeled and chopped**
- **3 tablespoons (45 mL) dry vermouth or apple juice**
- **2 tablespoons (25 mL) soy or tamari sauce (low-sodium)**
- **1 teaspoon (5 mL) toasted sesame oil**
- **1/4 teaspoon (1 mL) sugar**
- **1/4 teaspoon (1 mL) freshly ground black pepper**
- **1-1/2 inches (3.75 cm)fresh ginger, peeled, cut into match sticks**
- **12 ounces (375g/mL) snow peas or edible pod peas, trimmed, strings removed**

Arrange salmon steaks in a shallow glass or porcelain dish. Combine chopped chives, garlic, vermouth or juice, soy, sesame oil, sugar, and black pepper. Pour over salmon steaks and rub to coat well. Sprinkle the ginger match sticks over the top and allow to sit for 20 to 30 minutes.

Fill the water reservoir and assemble the steamer. Arrange the salmon steaks and ginger in the large steamer tray. (If too crowded, use both trays.) Steam for 8 minutes.

Turn off steamer; let sit for 1 minute. Carefully open the steamer and add the snow or edible peas. Steam for 3 minutes longer (vegetables will be crisp tender). Let sit one minute; open carefully. Transfer salmon and peas to a warmed platter and serve.

* May be chopped in a Cuisinart® Mini-Prep or Cuisinart® Food Processor

Nutritional analysis per serving:

Calories 406 (47% from fat) • carbo. 14g • pro. 37g • fat 20 g • sat.fat 4g • chol. 100mg • sod. 409mg • fiber 4g

SALMON & ASPARAGUS WRAPS

Makes 4 servings (may be doubled if not using steamer to make a whole meal)

Preparation: 20 – 25 minutes + 15 minutes steaming time.

- **1 whole salmon fillet (side) with skin, about 2-1/2 pounds (1.250kg) (there will be about 10 ounces (300g/mL) left over)**
- **20 asparagus spears, about 1/4 inch (0.63 cm) in diameter, trimmed and peeled**
- **1/4 teaspoon (1 mL) kosher salt**
- **1/8 teaspoon (0.5 mL) freshly ground black pepper**
- **4 strips of lemon zest (use a citrus stripper), each about 12 inches (30 cm) long**
- **4 – 5 sprigs fresh dill**

Rinse and dry the salmon; remove any loose scales. Using a very sharp slicing knife, slice salmon on the bias (diagonal cut - as if you were slicing flank steak or London Broil) into 1/4-inch (0.63 cm) thick slices. Using 3 slices per serving, lay them out, overlapping, so that the brown tissue is hidden (this part of the salmon has a stronger flavour. If you find it too strong, carefully cut it out), "skin" side up. Combine the salt and pepper. Lightly season the salmon with the salt and pepper. Bundle 5 asparagus spears. Carefully wrap the salmon around the asparagus bundles; place seam side down. "Tie" the bundle with a strip of lemon zest. Repeat.

Assemble the steamer. Lay the dill in the bottom of the steamer tray. Arrange the salmon wraps on top of the dill. Take care not to allow the salmon to touch the sides of the steamer tray. Steam for 12 minutes. Turn off the steamer and let sit for 3 minutes longer. Carefully lift out and transfer to warmed plates to serve.

Nutritional Analysis per serving:

Calories 330(51% from fat) • carbo. 4g • protein 36g • fat 17g • sat. fat 4g • chol. 100mg • sodium 337 mg • fiber 2g

OLD BAY® STEAMED SHRIMP DINNER

Makes 4 servings.

Preparation: 10 minutes + 25 minutes steaming time.

3/4 pound (375g) new red potatoes, scrubbed, halved (quartered if large)
3/4 pound (375g) new white potatoes, scrubbed, halved (quartered if large)
2 medium (6 ounce) (175g/mL) red or sweet white onions, peeled (leave root end intact), quartered
3 ears corn, cut into 1-1/2 inch (3.75 cm) lengths
2 or 3 whole bay leaves
1-1/2 pounds (750g) extra large (21-25 count) shrimp, rinsed
3 lemons
3 tablespoons (45 mL) Old Bay® Seasoning

Fill the water reservoir and attach to the Steamer.

Arrange the potatoes and onions in the large steamer tray; tuck in the bay leaves. Steam for 18 minutes. While the potatoes are steaming, thinly slice one of the lemons*. Toss the shrimp with 2 tablespoons (25 mL) of the Old Bay® seasoning, then mix in half the lemon slices. Arrange the shrimp and lemon slices in the small steamer tray. Shrimp should not touch the sides of the basket. Cut the remaining lemons in wedges.

Turn off steamer and unplug; let sit for 1 minute. Carefully remove the fan arm and lid. Arrange the corn on top of the partially cooked potatoes. Insert the small steamer tray and reattach the fan arm; plug in. Steam for 5-7 minutes – the shrimp should have all turned pink. Turn off the steamer, unplug and let sit for one minute. Arrange the potatoes, onions and corn on a large warm platter; sprinkle with the remaining Old Bay® seasoning. Arrange the shrimp around the outside of the platter. Garnish with the remaining sliced lemons and lemon wedges. If desired, serve with drawn butter.

*May be done using the Cuisinart® Food Processor fitted with the thin (2mm) slicing disc.

Nutritional Analysis per serving:

Calories 445 (9% from fat) • carbo. 66g • pro. 43g • fat 5g • sat. fat 1g • chol. 259mg • sod. 777mg • fiber 11g

GINGER DILL SEA BASS

Makes 4 servings; may be doubled.

Preparation: 10 minutes, + 20 minutes to marinate and 10 minutes steaming time.

1-1/2 pounds (750g) fresh Sea Bass fillet, cut into 4 portions (may also use Boston Scrod, cod, tile fish or orange roughy)
1 clove garlic, peeled and finely chopped*
Zest of 1/2 lemon, bitter white pith removed, finely chopped*
4 pieces fresh ginger, peeled, each about the size of a quarter, finely chopped*

1-1/2 tablespoons (25 mL) fresh dill weed, chopped*
1/2 teaspoon (2 mL) sugar
1/2 teaspoon (2 mL) kosher salt
1/4 teaspoon (1 mL) freshly ground black pepper
1/4 cup (50 mL) dry vermouth, white balsamic vinegar or apple juice
1/2 tablespoon (7 mL) extra virgin olive oil
Thin lemon slices (use the 2mm slicing disc of the Cuisinart ® Food Processor)
Sprigs of fresh dill

Arrange the fish in a shallow glass or porcelain dish. Combine the garlic, lemon zest, ginger, dill, salt, sugar, and black pepper with the vermouth or balsamic vinegar and olive oil; blend well. Pour the marinade over the fish portions, covering evenly. Allow to marinate for 20 minutes.

Fill the steamer reservoir and assemble the steamer. Arrange the four portions in the small steamer tray (if doubling the recipe, use both trays). Steam for 10 minutes. Turn off the steamer and unplug. Let sit for 1 minute. Remove the fan arm and lid. Transfer the fillet to warmed plates to serve. Garnish with lemon slices and sprigs of fresh dill.

*May be done using the Cuisinart® Mini-Prep or Cuisinart® Food Processor fitted with the steel blade.

Nutritional analysis per serving:

Calories 193(20% from fat) • carbo. 1g • protein 32g • fat 4g • sat.fat 1g • chol. 82mg • sod. 374mg • fiber 0g

BROWN RICE & BLACK-EYED PEAS WITH MARINATED VEGETABLES

The sliced vegetables for this dish will be done in a flash if you use the Cuisinart® Food Processor and the Thick (6mm) Slicing Disc. Use the metal blade to quickly chop the garlic, herbs and lemon zest.

Makes 8 servings (entrée).

Preparation: 12 hours or overnight to soak the beans; 10 – 15 minutes to prepare the vegetables, 55 minutes steaming time.

2/3 cup (150 mL) black eyed peas
6 cloves garlic, peeled and finely chopped
1-1/2 tablespoons (25 mL) fresh thyme leaves
1 tablespoon (15 mL) flat parsley leaves, chopped
8 chives, chopped
Zest of 1/2 lemon, bitter white pith removed, finely chopped
2 tablespoons (25 mL) fresh lemon juice
2 tablespoons (25 mL) extra virgin olive oil
1/2 teaspoon (2 mL) freshly ground black pepper
2 carrots (4 ounces) (125g/mL), peeled, cut into 1/4-inch (0.63 cm) thick slices
2 zucchini (6 ounces) (175g/mL), trimmed, cut into 1/4-inch (0.63 cm) thick slices
2 yellow squash (6 ounces) (175g/mL), trimmed, cut into 1/4-inch (0.63 cm) thick slices
1 red bell pepper, stem and core removed, cut into 1/4-inch (0.63 cm) thick slices
1 yellow bell pepper, stem and core removed, cut into 1/4-inch (0.63 cm) thick slices
1 stalk broccoli (8 ounces) (250g/mL) florets removed and reserved, stem peeled and cut into 1/4-inch (0.63 cm) thick slices
4 ounces (125g/mL) white button mushrooms, washed, dried and quartered
1 cup (250 mL) brown rice, rinsed and drained
2 cups (500 mL) vegetable or chicken stock, or water
1 bay leaf
1/4 cup (50 mL) sun-dried tomatoes (not oil packed), chopped
Fresh herbs for garnish

Pick over beans thoroughly to remove any stones or grit; rinse well. Place in a medium bowl and cover with 2 inches (5 cm) cold water. Allow the beans to soak at least 12 hours or overnight to rehydrate.

Fill the water reservoir and assemble the steamer. Drain the beans, rinse and drain again. Combine the black-eyed peas and rice in the rice bowl with the stock or water and bay leaf. Steam for 40 minutes. Let rest for 10 minutes.

While the rice and black-eyed peas steam, combine the chopped garlic, thyme, parsley, chives, lemon zest, lemon juice and olive oil in a large bowl. Add all the vegetables except the broccoli florets and toss to coat evenly with the marinade. Allow to marinate while the rice and black-eyed peas steam and rest.

Arrange the marinated vegetables in the Second Steamer Tray, and insert in the steamer, leaving the rice and black-eyed peas in the steamer.

Cover and steam for an additional 10 minutes. Turn off steamer; let sit one minute. Carefully remove lid. Remove the vegetables; check the rice and beans for doneness. If necessary, steam for an additional 5 - 10 minutes. Combine the cooked rice, beans and vegetables in a large bowl with the broccoli florets and chopped sun-dried tomatoes; toss gently to combine. Garnish with fresh herbs and serve.

Nutritional Analysis per serving:

Calories 225 (19% from fat) • carbo. 39g • protein 8g • fat 5 g • sat. fat 1g • chol. 0mg • sodium 72mg • fiber 6g

MOCHA CRÉME BRÛLÉE

The Cuisinart® Convection Steamer is used in place of the traditional "bain marie", making créme brûlée simple to prepare.

Makes 6 servings

Preparation: 10 minutes, + 25 minutes steaming time and 45-60 minutes cooling; 4 hours chilling time;
5 minutes finishing. May be done up to a day ahead; caramelize the sugar just before serving.

1 cup (250 mL) heavy cream
1 cup (250 mL) whole milk
1/4 cup (50 mL) light brown sugar
3-1/2 ounces (104g/mL) bittersweet chocolate, broken into 1-inch (2.5 cm) pieces
1 tablespoon (15 mL) instant espresso
4 large egg yolks
1/3 cup (75 mL) granulated sugar
1 tablespoon (15 mL) vanilla extract

Fill the water reservoir and assemble the steamer. Heat the cream and milk in a small saucepan until bubbly around the edges. Hold over low heat to keep warm.

Insert the metal blade in the Cuisinart® Food Processor. Pulse the light brown sugar 10 – 15 times to rapid sift and break up any chunks. Remove and reserve for topping. Process the chocolate with the instant espresso until finely chopped, about 30 seconds. Remove and reserve.

Process the egg yolks with the granulated sugar until thick and pale yellow in appearance, about 1-1/2 minutes.

Add the chopped chocolate mixture and process just to combine.

With the machine running, carefully add the hot cream mixture through the small feed tube. Process until the chocolate is totally melted, about 30 seconds.

Add the vanilla; process to combine, about 10 seconds.

Strain the custard base through a fine mesh strainer. Scoop off any foam and discard. Divide evenly among six 4-ounce (125g/mL) ramekins.

Cover each one with plastic wrap, and arrange the ramekins in the steamer. Place 3 ramekins in the Rice Bowl and 3 in the Second Steamer tray. Steam for 25 minutes. Turn off the steamer; let sit 10 minutes. Remove the fan arm and lid; use tongs to transfer the custards to a rack. They will still be jiggly in the center. Wipe off excess moisture and carefully remove plastic wrap. Use a damp towel to wipe off any sticky residue. Allow to cool to room temperature. Refrigerate for at least 4 hours to chill, or up to 2 days.

Sprinkle evenly with the brown sugar over the very cold custards, and place under a preheated broiler to melt the sugar. The sugar will then harden. Alternatively, the sugar may be melted with a small propane torch. Serve immediately.

Nutritional Analysis per serving:

Calories 354.(62% from fat) • carbo.29g • protein 5g • fat 24g • sat. fat 11g • chol. 202mg • sodium 43mg • fiber 0g

CRANBERRY POACHED PEARS

Delicious served with vanilla ice cream or frozen yogurt.

Makes 6 servings

Preparation: 15 – 20 minutes, + 25 minutes steaming time and 10 minutes for reduction.

6 ripe but firm pears
Juice of one lemon
3/4 cup (175 mL) dried cranberries
1-1/4 cups (300 mL) cranberry juice
2 teaspoons (10 mL) vanilla extract

Fresh mint leaves for garnish

Fill the water reservoir and assemble the steamer.

Peel the pears. Rub with lemon juice. Leave the pears whole, but core them. Stuff the hollow with dried cranberries. Arrange in the rice basket.

Add the cranberry juice, any remaining dried cranberries and vanilla.

Steam for 20 – 25 minutes until tender but still firm. Turn off the steamer and unplug; let cool 1 minute. Lift out carefully and allow the pears to cool in the poaching liquid. Chill if not serving immediately.

Just before serving, reduce the poaching liquid in a Cuisinart® 1-quart Windsor pan over medium heat until it measures 1/2 cup (125 mL). Place each pear on a dessert dish and drizzle with the syrup. Garnish with fresh mint leaves.

Nutritional analysis per serving:

Calories 214(4% from fat) • carbo. 54g • protein 1g • fat 1g • sat. fat 0g • chol. 0mg • sodium 5mg • fiber 6g

3 YEAR LIMITED WARRANTY

This warranty supersedes all previous warranties on Cuisinart® Steamers. This warranty is available to consumers only. You are a consumer if you own a Cuisinart® Steamer that was purchased at retail for personal, family, or household use. Except as otherwise required under applicable state law, this warranty is not available to retailers or other commercial purchasers or owners. We warrant that your Cuisinart® Steamer will be free of defects in material or workmanship under normal home use for three years from the date of original purchase. We suggest that you complete and promptly return the enclosed warranty registration card to facilitate verification of the date of original purchase. However, return of the warranty registration card is not a condition of these warranties.

If your steamer should prove to be defective within the warranty period, we will repair it (or, if we think it necessary, replace it) without charge to you. To obtain warranty service, please call our Consumer Service Center toll-free at 1-800-472-7606, or write to:

Cuisinart Canada
156 Parkshore Drive
Brampton, Ontario L6T 5M1

To facilitate the speed and accuracy of your return, please also enclose $10.00 for shipping and handling of the product. Please also be sure to include a return address, daytime phone number, description of the product defect, product serial number (stamped on bottom of product base), and any other information pertinent to the product's return. Please pay by check or money order.

Your Cuisinart® Steamer has been manufactured to strict specifications. These warranties expressly exclude any defects or damages caused by accessories, replacement parts, or repair service other than those that have been authorized by Cuisinart. These warranties do not cover any damage caused by accident, misuse, shipment, or other than ordinary household use. **These warranties exclude all incidental or consequential damages.** Some states do not allow the exclusion of or limitation of incidental or consequential damages, so the foregoing limitation may not apply to you.

BEFORE RETURNING YOUR CUISINART PRODUCT

If you are experiencing problems with your Cuisinart product, we suggest that you call our Consumer Service Center at 1-800-472-7606 before returning the product for servicing. Often, our Consumer Service Representatives can help solve the problem without having the product serviced. If servicing is needed, a representative can confirm whether the product is under warranty and direct you to the nearest service location.

***Important:** If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the Servicer to call our Consumer Service Center at 1-800-472-7606 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and the product is still under warranty.

NOTES:

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